

# Recipe for

## GREEN SMOOTHIE HIGH BLOOD PRESSURE



SERVES 2-4

PREP TIME/TOTAL

TIME Approx 15 min/ 20 min

### APPROX NUTRITION INFORMATION

Total Calories 638

Fat 26.2 g

Protein 19.3 g

Carbohydrates 93.7 g

Fiber 25.2 g

### INGREDIENTS

2 large frozen bananas

1/2 inch of ginger root

1/2 inch of turmeric root

1/2 tsp of amla powder

2 table spoons of flax seeds

1 orange

1/4 cup of almonds

2 cups of water

Power greens 6 ounces

1/2 cup frozen blueberries

1/2 cup frozen cherries

1/4 cup of beets

### DIRECTIONS

Place 2 cups of water in a high speed blender.

Add flax seeds, ginger, turmeric, amla powder and almonds next.

Then stuff the blender with about 6 ounces of Power Greens --

Combination of baby Kale, baby Spinach, and baby Swiss chard. Followed

by beets and orange. Add frozen fruit last. May substitute with

strawberries or other berries of choice. Blend and Enjoy!